

SUBMITTED

Northwest student Haily Hayes died in Hudson Hall Sunday morning Jan. 17.

In memory of Haily Hayes

JAMES HENDERSON III
Editor in Chief | @jendersoniii

Northwest students, faculty and staff came together to mourn the death of freshman Haily Hayes Monday in the J.W. Jones Student Union Ballroom.

Hayes was found dead in her residence hall Sunday morning by her roommate. The cause of death has not been disclosed. It is under investigation by University Police, the Nodaway County coroner's office and Maryville Public Safety. According to the agencies, there is no suspicion of foul play.

The ballroom was filled to capacity by the standing room only crowd of mourners. They gathered to exchange stories about her life in her hometown of Oak Park, her time spent in Northwest's business management program and the bond that grew between her and her Sigma Kappa sisters.

The memorial began with the audience standing in silence as Hayes' family entered and took their reserved seats in the front. The audience members took their seats as Vice President of Student Affairs Matt Baker took the stage. Baker had a look of disbelief on his face as he looked out over the ballroom.

"I've always known that Bearcats care about each other, but I didn't expect this," Baker said.

Baker went on to talk about Hayes, sharing with everyone who she was.

After Baker left the stage, Director of the Wesley Student Center Travis Dimmitt led the audience in prayer.

Next to take the stage was University President John Jasinski. Jasinski looked over the crowd in silence for a moment before stressing the importance of being there for each other in times of mourning.

Following Jasinski was the president of Sigma Kappa, who shared what it was like when she found out Hayes had died and then read an essay she had written about life and death.

Sigma Kappa National Sorority members expressed their sorrow and condolences for Hayes and her family in a press release Tuesday.

"Our thoughts and prayers are with Haily's family and all those that knew her during this difficult time," National President Cheri De Jong said in the press release. "Losing a sister is hard regardless of the circumstances, but having it be so unexpected with someone so young makes her loss unimaginable. Sigma Kappa is extremely saddened by the news of Haily's passing."

SEE **HAYES** | **A5**



State lawmakers plan changes to texting, driving law

JAKE MCKNIGHT
News Editor | @jbmcnknight93

Missouri is one of four states in the country that does not have an all-driver texting ban, but there is a chance that could change.

Three Missouri lawmakers are proposing a new law that would ban all motorists from texting while driving.

The St. Louis Post-Dispatch reports state Sen. Jill Schupp is sponsoring one of the proposals. She said it makes little sense for the ban to apply only to young drivers.

However, Schupp’s legislation would allow texting if motorists use a hands-free voice-activated mode.

Republican state representatives Nate Walker and Cloria Brown have also introduced texting bans that could be debated during this session.

The Associated Press said previous attempts at similar bans have failed to advance to the full House or Senate.

“It’d be hard to enforce, honestly. I think that there would be a lot of civilian backlash and people shouting how it violates their rights,” junior

Jake Hunter said.

According to the American Automobile Association, texting while driving increases the risk of a car crash by 50 percent.

The Missouri State Highway Patrol reported driver inattention was listed as the contributing circumstance in 865 traffic deaths in the state in 2015. Out of those, 99 were due to driver inattention including texting, being on a mobile device or anything that diverts attention from the road. Additionally, during this same time period, there were 357 crashes where texting while driving was cited as a contributing cause.

The Missouri Coalition for Roadway Safety said 20 percent of crashes are in result of some sort of distracted driving. Drivers texting typically have their eyes off the road for 4.6 seconds. The state law bans texting for drivers under the age of 21 and drivers of commercial motor vehicles. So far, 46 states and the District of Columbia have banned text messaging for all drivers. Missouri and Texas only banned drivers under 21 from texting while Arizona and Montana have no texting

ban at all.

Director of the Public Information Education Division for the Missouri State Highway Patrol Captain John Hotz said inattention is one of the leading causes of crashes in the state.

“Texting, cell-phone usage, other passengers in the car, the radio station, eating and drinking,” Hotz said. “Those are all types of distractions that we see, so we know if we can eliminate those distractions, then we can eliminate the number of crashes we see that are related to inattention.”

Hotz said driving is a full-time job and any type of distraction is going to significantly increase your chances of being involved in a traffic crash.

“You have to pay attention to weather conditions, driving through construction areas and coming into rush hour traffic,” said Hotz. “Those are all things that you need to see when you are driving, and if you are distracted by any type of device or a person inside the car, then you’re not going to notice those very important things.”



HANNAH WOODSON | NW MISSOURIAN
Texting while driving could soon become a distraction banned in Missouri.

Alumna makes donation to Northwest Learning and Teaching Center

JAKE MCKNIGHT
News Editor | @jbmcnknight93

Northwest Missouri State University has received a donation of \$100,000 by former regent and alumna Karen Daniel.

The money is being used in support of the school’s proposed Learning and Teaching Center.

According to a Northwest press

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Walk-ins welcome!

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All Day	Room Change Week
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1:30 p.m.	Women’s Basketball vs. Fort Hays State
3:30 p.m.	Men’s Basketball vs. Fort Hays State

release, the Learning and Teaching Center is a \$3 million initiative intended to, “create a culture of learning to ensure student success.”

The center’s mission will be to support faculty in specific learning contexts, develop instructional technology interventions to enhance learning and teaching, and provide faculty with multiple professional development opportunities.

“I think it’s great the school got a donation. I’m sure the money will be put to good use,” senior Jason Vanhorn said.

In 1980, Karen Daniel earned an accounting degree from Northwest. Now she is an executive for Black & Veatch, a global engineering and construction company based in Overland Park, Kansas, and serves as chief financial officer, president of the Global Finance and Technology Solutions Division and president of infraManagement Group, a Black & Veatch as-

set management company.

When she was a student at Northwest University, Daniel was tutored by the late Johnnie Imes, an accounting instructor.

Daniel mentioned how Imes began steering the young undergraduate toward a career in accounting and finance.

Daniel said it was due to the guidance she received from Imes and other faculty members that she decided to support the learning center.

“At early ages we receive the gift of teachers and the good ones give throughout our lives as we use their advice and counsel to pursue lifelong goals,” Daniel said.

When complete, the center will occupy space on the second floor of the B.D. Owens Library or the third floor of the Administration Building. University officials say they are still exploring costs related to renovation, staffing, and operations.

Northwest Provost Timothy

Mottet said Daniel’s gift will help expose Northwest faculty to the learning sciences and equip them with tools to help students participate in deeper and more meaningful learning experiences.

This will allow them to transfer their learning from the classroom to their families, communities, and workplaces.

“I think it’s great to make an investment in our professors as well as the students,” Daniel said. “If we can achieve what’s laid out for the center, we can really differentiate ourselves in yet another way at Northwest.”

Daniel also served on the Northwest Foundation Board of Directors in the 1990s and re-joined the board in 2014.

Daniel received the Northwest Alumni Association’s Distinguished Alumni Award in 1998 and served on the University’s Board of Regents from 2003 to 2004.

Northwest is SEEING GREEN

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NWGreenDot

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Visit <http://www.nwmissouri.edu/greendot/> for more information

City waste management receives overhaul

JAKE MCKNIGHT
News Editor | @jbmcnight93

The City Council adopted a short-term strategic goal to evaluate and decide on waste management options.

The goal was added as a result of a significant budget deficit in the Solid Waste Fund. The Solid Waste Fund is an enterprise fund, meaning that revenues from the fund should cover all expenses for the operation. However, decreased tonnage as a result of a competing transfer station has created an ongoing fund deficit.

The City Council held a workshop May 11, 2015 and June 22, 2015 to discuss the future of the transfer station. Further discussion occurred July 27, 2015 and Aug. 10, 2015. The City Council directed staff to issue a Request for Proposal (RFP) for the operation, maintenance and commercial use of the Maryville Transfer Station. The RFP would provide a lease option for the council to consider along with previously discussed solutions.

An RFP was released Sept. 2, 2015 and proposals were due Dec. 1, 2015. According to the RFP, the initial lease term would begin in August 2016 for a period of three years with three additional one year renewal options. The contractual obligations with Deffenbaugh

Industries, Inc. for hauling and disposal of solid waste may be assumed by the successful bidder as negotiated between the company and the selected operator.

As part of the proposal, the operator has the option to purchase the backhoe and tractor used to haul solid waste in and out of the facility. If a firm is selected, the facility is leased in as an “as-is” condition and the city will work to transfer the Missouri Department of Natural Resources Operating Permit. The RFP also stated the city is exploring the lease opportunity and reserves the right to accept or reject any proposal.

Many topics were discussed and remain available. There is the closure of Maryville Transfer Station which is an option to address financial instability of the Solid Waste Fund is to permanently close the Maryville Transfer Station. Closing the transfer station would require the city of Maryville and local haulers to utilize the Highway 136 Transfer Station owned by Porter Trash, LLC or haul directly to an approved landfill.

The City of Maryville utilizes its transfer station for the convenient at-cost disposal of street sweepings, brush/wood and unsafe/dangerous structures. Porter Trash, LLC has proposed an offer to the city of



Northwest Missouri State University Facilities Services workers pick up trash on campus, Jan. 15, 2016. PATRICK EVENSON | NW MISSOURIAN

Maryville to lock in rates until 2020 for \$5.00 above cost disposal of street sweepings and \$10.00 above cost for unsafe/dangerous structures.

Porter has also provided an offer to local haulers to utilize his facility and lock in rates until 2020. City staff said it has had several meetings/communications with Porter in an attempt to negotiate a 20 year rate structure for the city and 10 year rate structure for local haulers.

Beyond 2020, the proposed rates would increase by the Consumer Price Index (CPI) or a maximum of three percent. The city has also requested that the Highway 136 Transfer Station provide a guaranteed brush/wood

pile acceptance similar to the city’s operation.

The city of Maryville is under contract with Deffenbaugh Industries, Inc. by an ordinance approved July 23, 2012 for hauling solid waste from the city’s transfer station to an approved landfill. The initial contract term is from Aug. 13, 2012 to Aug. 12, 2016 with four additional one year renewal options. A written notice of 120 calendar days before the end of the current term is required to terminate the contract.

Because the term is the initial four years, the contract would continue until Aug. 12, 2016 with a notice of cancellation required by

April 14, 2016. The hauling contract also includes a charge equivalent to 20 tons per day regardless of whether the operation meets the volume. With the hauling contract firmly in place until the end of the term, it does not appear practical to close the transfer station before this date.

If the decision was made to proceed with a prolonged closure, local haulers would have an extended time period to make other arrangements. Once the facility is closed, the city of Maryville could look at selling or maintaining the existing assets of the facility.

Student Senate prepares to adjust student fees

LINDSEY DONALDSON
Chief Reporter | @smileyfaced56

Student Senate has formed a temporary committee to discuss adjustments to student fees.

Senators signed a paper to show if they were interested in being on the committee. Later this week the meeting dates will be released to senators and finalized. After the dates are finalized, students will be given the chance to participate in the discussions regarding fees.

While students cannot become directly involved in the committee, there are opportunities to have their voices heard.

“The process is a little more closed on the front side of things,” Student Senate President Hugh

Slaton said. “Essentially, what happens is the senators vet potential fees before it is even brought to Student Senate and thus, the student body. After the committee decides potential options for these fees, it brings it forward to the entire Student Senate where the general student population can hone in on the discussion.”

Slaton said it is important for students to become involved in this discussion.

“Students should be interested in this process because it impacts them directly. The fees that Student Senate votes to change impact the students the following semester,” said Slaton. “Sometimes there is a delay, as with the Foster Fitness Center fee voted on in 2014.”

Students also feel that it is important to be involved in the discussion. Junior Benjamin Westerman said if students want the Student Senate to accurately represent their opinions they should attend the meetings.

“Any point of view provided by those who attend may have a strong influence on the resulting vote(s) of the Student Senate. The more students who choose to participate in the ad hoc process and share their opinions and perspectives, the closer the Student Senate will represent the minds and goals of the NWMSU student population regarding the discussed fees,” Westerman said.

According to Slaton, not all proposed new fees and increases of fees are passed, which is a common

misconception among students.

“This is a very lengthy process for Student Senate to undergo and is not a duty taken lightly. The ad hoc committee meets several times and then the potential fees are brought to Student Senate,” said Slaton. “From there, we are presented with them, ask any involved faculty questions about them, and then host a discussion before we move anything from the floor to vote on. The process takes several weeks before anything is even brought to a vote.”

In other business, Student Senate spring election dates have changed to allow more time for Senate members. The proposed dates are March 1-18 for campaigning and March 14-18 for voting. Slaton said

in past years, new members are inducted the very last week of the semester and then the Senate does not meet again until the fall.

“This poses a problem because the new Executive Board has no time to accomplish anything and meet with the advisors before summer break hits,” said Slaton. “By moving up the election process, we are allowing the new members of next year’s Senate the ability to be trained and meet with advisors. This way, the following year’s Senate will be better adapted to how things work.”

For more information, students are able to go to the regular Student Senate meetings Tuesdays at 7 p.m. in the Union Ballroom.

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W. Dale Stewart, Minister

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First Presbyterian Church

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Shepherds Kitchen, Thursdays @ 5 p.m.



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Wesley Student Center

Midweek Worship 9:00

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Travis Dimmitt
Campus Minister
549 W.4 th (582-2211)
(wesley@nwmissouri.edu)
www.northwestwesley.com



Facebook Page at Northwest Wesley Student Center



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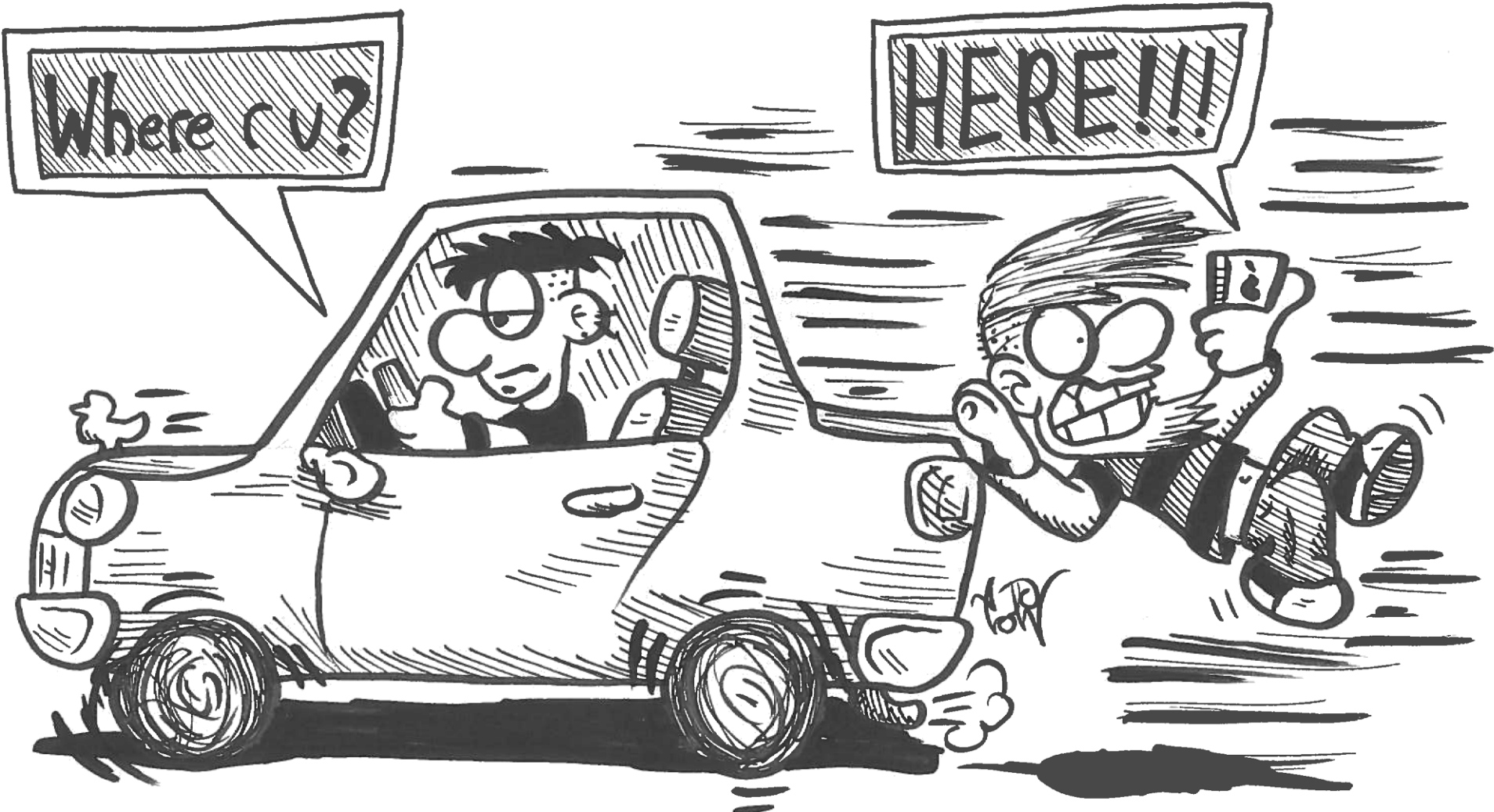
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COLIN VAUGHAN

OUR VIEW:

Texting while driving bad for all

Missouri’s texting and driving law states that no person under the age of 21 can text and drive. This law is undergoing changes so that no person, regardless of age, should be allowed to text and drive.

The fact that no one thought to change this law earlier is surprising. We believe this law should have changed long ago.

No matter how old a person is, texting while driving is a distraction that can be dangerous to everyone around. A person’s age does not make them less likely to be distracted for certain amounts of time.

If anything, this law seems backwards. The older the person, the slower the reaction time as

well as the text reading and response time

We all know texting and driving is a dangerous combination. We have all been told by this point in our lives to be careful and put our phones away while on the road. Why has this law not been enacted before now?

It seems like it has become safer to text and drive for people because of all the new technology offered in cars. Anything from the radio reading you the text, responding to that text for you and stopping on its own when you are too close to a car in front of you. The technological advances do not mean that you are safer texting and driving just because the car automatically does half of your job.

We need to stop texting and driving and ,mak-

ing it a law does not mean that it will stop. There are traffic laws that people break daily even though we know they were put there in the first place to make us safer. Making a law is a good start if police crack down on it more than they are now.

Missouri and Texas are two states that have a law prohibiting texting and driving for people under the age of 21. These states need to look at these laws immediately.

Last year, nine Americans were killed every day from a distracted driving accident. The people texting and driving are not only putting themselves in danger, but everyone around them.

We need to look at this law and make it apply to everyone.

Strict gun laws should be implemented



ZAC DUJAKOVICH
Opinion Editor

Gun issues are still the center of major controversy in America. Some of us believe regulating guns will lead to more issues and we need to loosen up with the gun laws. Others think we can go stricter with gun laws.

I believe the latter. If people really think having more guns is the way to solve ongoing gun violence, they are dead wrong.

First off, more guns on the streets, regardless of who they were

bought by or issued to, will just increase the chances of guns falling into the wrong hands. If we have more guns out there, we will increase the gun violence stemming from guns being easier to access.

We can look at countries like Australia, France, Finland and Japan, all of which have strict gun laws and much lower homicide, mass shooting and violence rates than America.

The myth that more guns equals a safer America has been proven wrong when we look at a places like Australia that outlawed semiautomatic and automatic weapons after a mass shooting in 1996. Since 1996, Australia has had one of the lowest gun related violence rates in

the world.

Sure the strict control of guns will not regulate the violence or take away the murders that could happen, but they can reduce them.

Yes we can use other items as weapons, but they are not nearly as deadly as a gun. Very rarely you will hear of a stabbing spree, but when it happens it is far less devastating than a shooting spree. Stabbing is not nearly as damaging as being shot, stabbings will likely leave you injured instead.

Schools will not be made safer if we give teachers a gun to defend themselves in the case of an active shooter. That would actually make these scenarios more likely. A kid can find where the gun is, watch the

teacher closely to get the code to the safe and easily break in it when no one is around.

Another thing I can not understand is how people are comfortable with how easily guns are purchased. I understand that not everyone can just walk into the gas station and ask for a rifle. There are background tests that need to be conducted, but just because you pass the background test does not mean you should be trusted with a gun.

Many people can pass a background test because of their clean history, but that does not mean we should not be worried about them owning a gun. We need to look further into background checks before people can buy a gun. We need to

look at health records, family history, medications, medical conditions and home situations, just to name a few. That might be a better background check than the standard now. Just because you have a clean history does not mean you will have a clean future.

The argument that “meth is illegal but we still see that on the streets” is invalid. You can make meth in your basement, do you really think you have the ability to make a fully functional semi automatic rifle in your basement?

I am not saying that the government needs to take all the guns away, I am simply saying that America can be safer with stricter gun regulations.

Reality television plagues the American lifestyle



REBECCA BOREN
A&E Reporter
@beccalynnborn

For everyone living under a rock, the 20th season of “The Bachelor” has begun.

Perhaps you have seen the Twitter posts criticizing Jubilee or Lace for being ungrateful or crazy. Maybe you have heard the dozens of conversations circling campus about who is going to go home next.

Maybe you are like me and despite hearing all of the talk and seeing people gathered together to

watch the show, you just do not care.

Reality television is not a new phenomenon.

It involves people being filmed continuously and shown on television for entertainment.

Comedian Daniel Tosh sums up my feelings about reality television perfectly.

“Us Americans wonder why the rest of the world hates us,” Tosh said. “We have a game show in the country called Survivor. That’s a game to us. The point of the game is you win a million dollars if you can simply survive somewhere. In a place where people already live. What kind of message does this send?”

What kind of message does real-

ity television send?

Shows like “Real Housewives” and “Keeping Up With the Kardashians” convince the public that the crazier and more irrational people act, the more fame they can obtain.

I watched “The Bachelor” for the first time Monday, Jan. 18. The women left tore each other apart. They dissected every word said and every woman’s physical appearance. They made fun of a contestant’s toes, for God’s sake.

Lace Morris left the show Monday night and in the “Bachelor Live” episode that aired after, she emphasized how being on “The Bachelor” brought out the worst in her and how many of the women were cruel.

Yet, every Monday, millions of people crowd around television to watch the self destruction.

“America’s Next Top Model” focuses on women being judged in front of crowds in a huge competition where their entire bodies are analyzed for every imperfection. Each imperfection is then spotlighted and seen as a reason to dislike the women.

The media pours millions of dollars into these shows, but then turns around to preach positive body image and learning to love yourself. This inconsistency creates a double standard: this sort of behavior is OK on television, but it is not OK in reality.

Tosh also focuses on another

key issue with reality shows. In “The Challenge” and “Survivor,” people are put through obstacles in a foreign country to try and prove that they can survive there. These countries are inhabited by people that face the same challenges every day. This show is glorifying competitors for going through the obstacles that everyday natives face. It is patronizing.

Reality television is for pure entertainment, however, it does bring into question why such behavior entertains us. Maybe take a little time to consider why you enjoy watching women get their hearts broken by some guy. Try to figure out what your entertainment says about you as a person.

FUNERAL ARRANGEMENTS

THE FUNERAL WILL TAKE PLACE FROM 10 A.M. TO 1 P.M. JAN. 23, AT FIRST BAPTIST CHURCH IN OAK GROVE.

COUNSELING OPTIONS

UNIVERSITY POLICE

660-562-1254

WELLNESS SERVICES

660-562-1348

UNIVERSITY EMPLOYMENT ASSISTANCE PROGRAM

800-964-3577

HAYES
CONTINUED FROM A1

At this time, Hayes’ family and friends stood in front of the boardroom and thanked those gathered for coming together in remembrance of Hayes. They spoke about the importance of family and the pain that came with the death of a loved one. They repeatedly urged everyone to call their families regularly and tell them they loved them. They told stories about their own experiences with Hayes that ranged from laughter-inducing to tear-jerking, all of which had two clear messages: remember Hayes for who she was and never forget to tell the ones you love


how you feel. Once the family was finished speaking, students came forward and shared their stories about Hayes until the memorial came to an end. The funeral will take place from 10 a.m. to 1 p.m., Jan. 23, at First Baptist Church in Oak Grove. A gofundme account has been established to help the family with funeral costs at www.gofundme.com/gpjsfkm9. Campus officials said students who need counseling outside of the Wellness Services regular business hours should call University Police at 660-562-1254. Faculty and staff needing counseling can call 800-964-3577 for the University employment assistance program.



Freshman business management major Haily Hayes was also a member of Sigma Kappa sorority.

SUBMITTED PHOTO

Companionship offers cure for grief



DARCIE BRADFORD
Managing Editor
[@darcie_jeanne_7](#)

Grief is a natural process necessary for healing. But knowing that doesn’t make it easy to deal with. The shock wears off, reality settles in and the grief can be so difficult to deal with it can be completely overwhelming. Friends and family hear advice and condolences from

others such as, ‘It’s a natural process. Once it runs it’s course, you will feel better’ or ‘They are in a better place now.’ None of those words are helpful or comforting. The truth is that grief is an ocean in the lives of those hurting and it feels like you’re drowning. Grief doesn’t come in stages, it comes in waves. It waxes and wanes as days and weeks pass. The waves rise and blot out the sun and as they crash down on you, you feel alone in the world. You feel anger, sadness, confu-

sion, denial, bitterness, regret and in some cases guilt. I know it sounds hopeless and depressing, but speaking from experience, nothing can heal those wounds, and no one can fully restore the void left in the heart of someone who has lost a loved one. But that doesn’t mean that anyone should go through this process alone. Going through a period of grieving can be the loneliest time of a person’s life. So be with others. Be with people who understand your pain and who can help lift your spirits, even if

you’d rather stay in bed all day. Monday, Jan. 18, a memorial service was held to celebrate the life of Haily Hayes. Friends, family, sorority sisters and roommates all gathered to remember her life and share their memories. It’s simple things like the company of friends and family that help people come to terms with the death of their loved one, find support and begin to try to move forward. Funeral Director Richard Dowden encourages students to come together to support each oth-

er in this time of pain and mourning. “It gives each other a chance to share memories, thoughts and maybe some prayers,” Dowden said. “It helps people, it just simply helps people.” Another resource students have to help in dealing with grief is the Personal Development and Counseling services offered by the University Wellness Center. The Wellness Center offers an array of counselors to help students deal with everything that comes along with the tragic loss of a loved one.

Blotters for the week of Jan. 21

Maryville Department of Public Safety

Jan. 5
A summons was issued to **Norma F. Wilmes**, 56, for failure to maintain financial responsibility and improper display of license plates at the 400 block of East South Avenue.

Jan. 7
An accident occurred between **Royce S. Elder**, 23, and **Dylan A. Kinsella**, 20, at the 1200 block of South Main. A summons was issued to Elder for failure to yield.

A summons was issued to **Jeffrey S. Meyer**, 33, for failure to maintain financial responsibility and failure to register a motor vehicle at the 200 block of South Laura.

Jan. 8
A summons was issued to **John R. Boyed**, 37, for driving while suspended and an equipment violation at the 200 block of North Depot.

An accident occurred between **Christina C. Derks**, 17, and **Parker Worden**, 24, Peculiar, Missouri, at the 500 block of West South Avenue. A summons was issued to Derks for carless and imprudent driving.

A summons was issued to **Taylor M. Legrone**, 22, for possession of marijuana at the 500 block of West 16 Street.

Jan. 9
A summons was issued to **Samantha P. Backhus**, 20, for minor in possession and possession of another’s driver’s license at the 100 block of South Mulberry.

Jan. 10
A summons was issued for **Ben-**

jamin R. Murphy, 37, for driving while suspended, invalid license plates and failure to maintain financial responsibility at the 100 block of South Main.

Jan. 13
An accident occurred between **Donald L. Haynes**, 65, Sikeston, and **Brandon D. Cozine**, 22, Barnard, at the intersection of South Main and Route V. A summons was issued to Cozine for failure to yield.

Jan. 14
A summons was issued to **Dominnick T. Fleeks**, 20, for driving while intoxicated, minor in possession and an equipment violation at the 1000 block of North Main.

A summons was issued to **Brandon L. Brown**, 28, Burlington Junction, for failure to register a motor vehicle and failure to maintain financial responsibility at the 2900 block of South Main.

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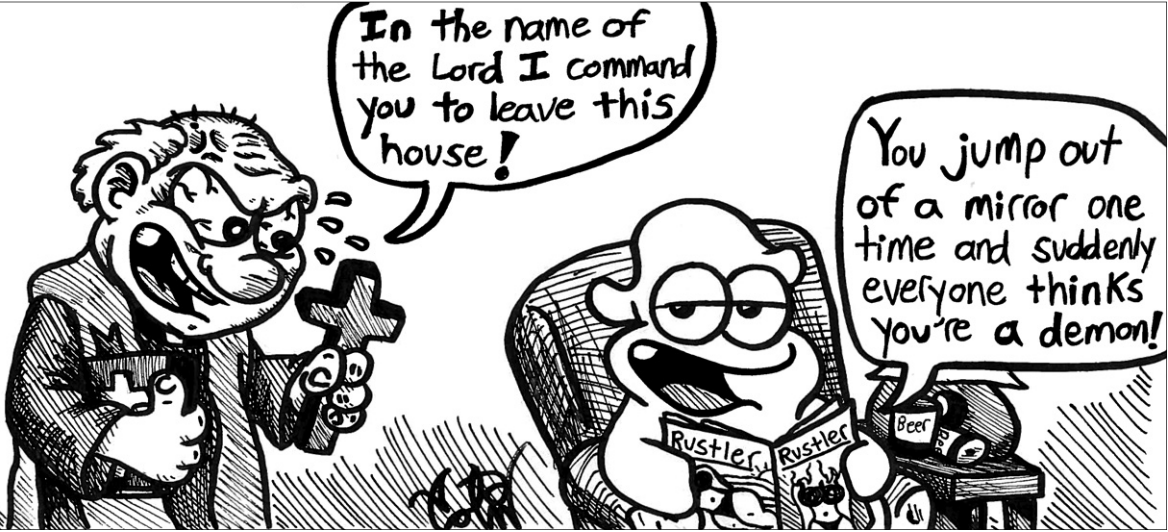
SUDOKU

By MetroCreative

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Paranormal Inactivity



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CROSSWORD

By Peter A Collins

Los Angeles Times Daily Crossword Puzzle

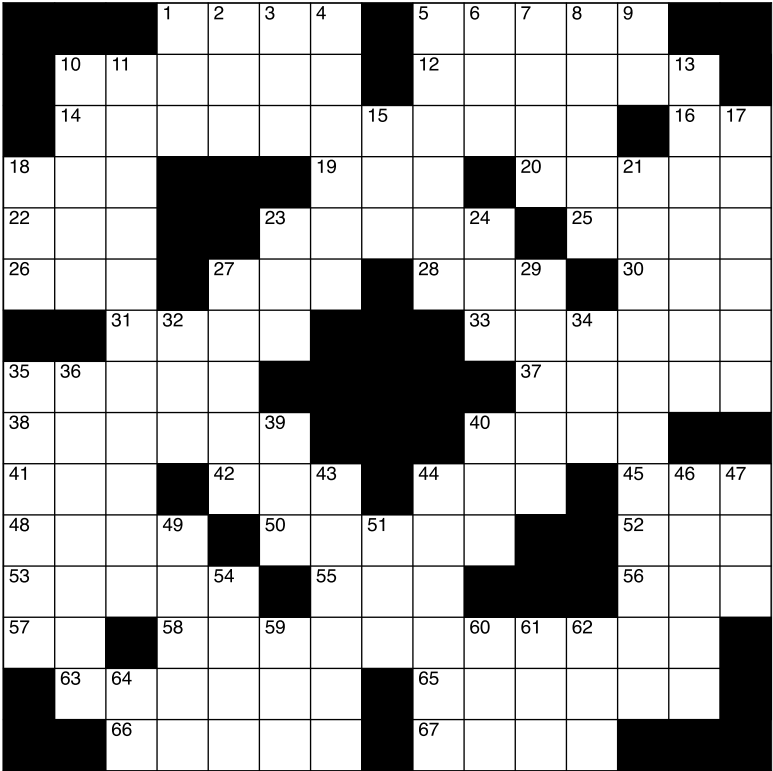
Edited by Rich Norris and Joyce Lewis

Clues Across

- Color properties
- Arabian greeting
- Frozen spike
- Levels
- Tear down social stiffness
- Rapper Hammer's initials
- Midway between E and SE
- Shooting marble
- Edward __, British composer
- Largest English dictionary (abbr.)
- Cygnus' brightest star
- Goidelic language of Ireland
- Midway between N and NE
- Auditory organ
- Last month (abbr.)
- Indicated horsepower (abbr.)
- Mediation council
- Aussie crocodile hunter
- Sylvan deity
- Clears or tidies
- In a way, emerges
- Whimper
- G. Gershwin's brother
- Begetter
- Seated
- Old world, new
- Girls
- "Song of triumph"
- A covering for the head
- Attack
- Norwegian krone
- Coach Parseghian
- No good
- Task that is simple
- A way to move on
- In a way, advanced
- Loses weight
- Shift sails

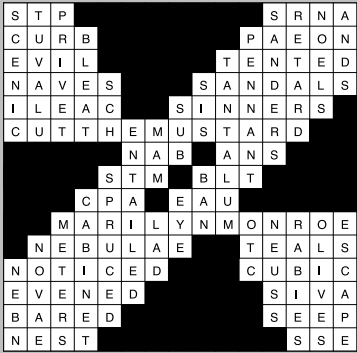
Clues Down

- Go quickly
- Fiddler crabs
- Cervid
- Gundog
- Gushed forth
- Caliph



- Shoe cord
- Give extreme unction to
- Of I
- "A Doll's House" author
- Documents certifying authority
- Drunk
- Principal ethnic group of China
- Crinkled fabrics
- Longest division of geological time
- Pancake
- Small pat
- A garden plot
- Strayed
- Surgical instrument
- No. French river
- Modern
- Now called Ho Chi Minh City
- Set into a specific format
- Exhaust
- Individual
- Moves rhythmically to music
- D. Lamour "Road" picture costume
- Having earlike appendages
- Certified public accountant
- Outermost part of a flower
- Supplement with difficulty
- Plains Indian tent (alt. sp.)
- Electronic warfare-support measures
- Displaying a fairylike aspect
- Taxi
- They __
- Syrian pound

SOLUTIONS





A nap that last between 20 and 30 minutes is the ideal length for students to feel revitalized. If the nap lasts too long, the student will only wake up even more fatigued.

KOLBY SINCLAIR | NW MISSOURIAN

Students sleep their way to success

ANTHONY PROCOPIO ROSS
A&E Reporter | @AnthonyProcRoss

Busy lifestyles leave many Americans sleep deprived throughout the course of the day. As a species that sleeps for one part of the day and is in a state of alertness for the other, the benefits of napping sometimes go unnoticed. There is an art to napping that is needed to reap many of its rewards.

Benefits to napping, as reported by the National Sleep Foundation, include restored alertness, enhanced cognitive performance, relaxation and rejuvenation.

This organization offered up tips for napping to help the unacquainted nap more efficiently. Short naps, around 20 to 30 minutes, provide alertness without the residual grogginess. The sleeping environment plays a crucial role in the quality of rest a person can achieve. Experts say a cool, clean and quiet place of rest often leads to better sleep. The National Sleep Foundation also rec-

ommended people to avoid napping too late in the day as it can affect nighttime sleep patterns and makes falling asleep at night more difficult.

Junior Jourdain Everts believes in the restorative power of napping.

“It helps a lot. It gives me an energy boost to get through during the day and helps me relax,” Everts said.

She has been a napper since 2012 and uses napping to compensate for late nights and early classes.

“I would totally recommend it to everyone,” Everts said. “As long as you nap the correct length, it is very beneficial.”

A @NWM_AE poll asked followers, “How necessary is your nap?” With 60 votes in, 48 percent selected, “I MUST nap everyday,” and 35 percent admitted to napping two to three times a week. Eight percent chose, “Eh. Every blue moon,” and nine percent of the poll picked, “Who has time to nap?”

Choosing to nap during the day can be hard to follow through with due to the popularity of coffee and

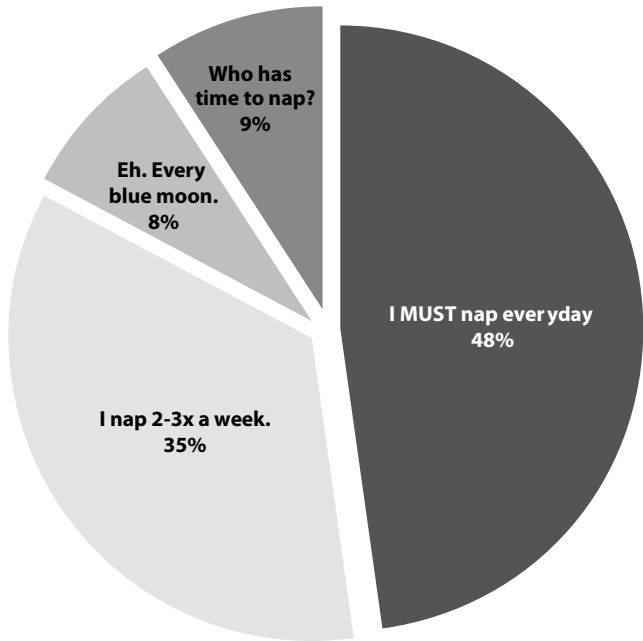
other stimulants. A study done by the Department of Psychology at the University of California, San Diego, showed that napping for 60 to 90 minutes did more for the participant’s motor skills and verbal memory than caffeine could.

Students are often plagued with fatigue and high amounts of stress. A study conducted by Texas A&M University showed that rest and sleep were consistently and equally revitalizing in 10 to 15 minute sessions. If a college student has 15 minutes to get a coffee, he or she would surely have time for a proper rest. With 40 percent of college students consuming caffeine, the healthier and cheaper alternative is often ignored.

Whether or not napping is for you, recognize the benefits. Napping is significant as a natural function that humans utilize and have been utilizing for many years.

Take a break, close your eyes and recharge, Bearcats.

How necessary is your nap?



Source: Twitter poll via @NWM_AE

THE STROLLER: Your woman needs and wants a little encouragement

Life is tough sometimes. It can leave your woman wanting to scream in frustration because the stress seems intolerable.

In those moments, your woman needs you whether she wants to admit that or not. She needs you to not only tell her everything is going to be OK, but remind her why it is going to be OK.

Look, you are not going to understand all of her problems or why she is so upset about certain things. However, the sure way to create an argument is by telling her that her problems are not important or that she is silly for stressing herself about them.

That is not encouragement. I do not care if your woman is stressed because one of her socks came out of the dryer without a match or she was 15 minutes late to a meeting; if she is trusting you enough to vent to, then you owe it to her to listen.

Tell her that it will be OK. The sock was probably mixed in with

another load or was dropped in the hallway and it will turn up eventually. Compliment her ability to stay on top of all of the laundry along with everything else she does. Tell her that the beginning of meetings are always pointless anyway and she probably did not miss a thing. Everyone runs late once in awhile. It does not mean that she failed in anyway.

It is important to never make your woman feel small or belittled by her problems. They matter to her and therefore they should matter to you. You never know, that tiny problem could have been the straw that broke the camel’s back.

Earn some brownie points. Try to walk with your woman through her issues rather than stand in her way of solving them.

Don’t forget to stay thirsty.

The Stroller has been a tradition since 1918 and does not reflect the views of The Northwest Missourian.

I Know You

A short story by Anonymous

I am the sort of guy to hold the door open for people who are still ten feet from the door even in the dead of winter when the wind tears at skin and makes eyes water.

I say please and thank you when I say anything at all. I do not glare at people. I do not really look at people at all. I am respectful and reserved. I am a B student.

My teachers enjoy me. I have a roommate who appreciates my calm demeanor and easygoing attitude. I have three friends that I spend time with on the weekends and I have been in a serious relationship for the last eleven months.

I am twenty years old. I am of middling height with medium brown hair and eyes to match. They are big and soft looking but that is the only thing about me that is even mildly individualized.

I wear jeans and sweatshirts. I wear an occasional sweater if I am feeling particularly fancy. I walk stooped over and bend my

head down to avoid showing the smattering of acne that plagues my small nose. I think this is the only thing that marks me. It makes me easy prey.

Posture is something that you do not really examine but must observe in an innate sense. It is the determining factor to decipher who is confident and who is not. Confidence, it seems, is what sets apart the predators and the prey. Predators seem to have it. They strut with heads held high and look directly at everyone they want to. They don’t hold the door if it is an inconvenience to them. Their strides are long and tough looking. They have no need to take cautious steps.

I meet them on occasion. In the union this morning I had just finished purchasing supplementary texts from the bookstore and was walking to grab a bagel when a group of hunters approached.

“Hey man, do you like Pokemon?”

I didn’t look up at him. The

union grew quieter around me. The hush fell, but there was no intervention.

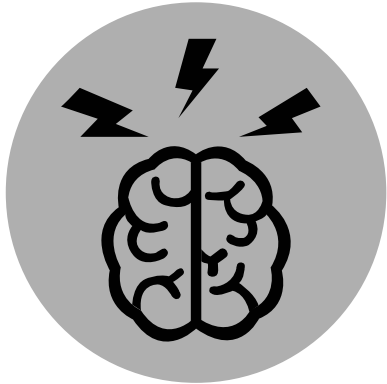
“Guys, this dude looks like he watches Pokemon. What do you think? Bro, do you watch it?”

“Yes,” I responded truthfully. “I watched it a lot when I was younger.”


This was enough to send them into hyena shrieks. They passed quickly with back claps and whoops and I left for class after losing my appetite. Nobody in the union spoke to me, but the silence followed. I looked up long enough to see one student in an armchair give me a look of pity. She had seen.

They won’t remember me, my common looks and quiet voice. But I will remember them and I will see them tonight when I close my eyes and try to sleep and feel the covers growing too tight with cold sweat. I will remember them always until the day I die.


Seasonal affective disorder symptoms




Mood Swings




Insomnia



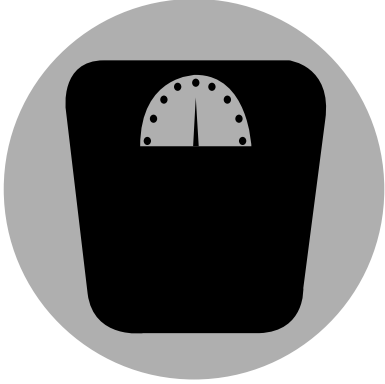
Depression



Appetite Changes



Behavioral Changes



Weight Gain or Loss

Source: Mayo Clinic

S.A.D. students weather winter months

ANTHONY PROCOPIO ROSS
A&E Reporter | @AnthonyProcRoss

There is no escaping the seasons here at Northwest. Both students and faculty must weather whatever temperature, precipitation and feelings that come with a change of season.

Watchful eyes and compassionate heart’s assistance is offered to those who might have problems starting their cars or to those who have bruised tailbones from slipping one too many times. However, emotional impacts of seasonal changes are often overlooked.

SAD, or seasonal affective disorder, is a serious change in mood

that is classified as a form of depression resulting from a change in weather, according to the U.S. National Library of Medicine. Six percent of the U.S. population is affected by this disorder and another 14 percent is reported to have a milder case.

Symptoms may include “irritability, tiredness or low energy, problems getting along with other people, hypersensitivity to rejection, heavy feeling in the arms or legs, oversleeping, appetite changes and weight gain,” said Northwest counselor and psychologist Michael Mattock.

With fall 2015 enrollment reaching 6500 students, statistically 1300

students could be experiencing a form of SAD. This means students need to take certain steps in order to care for their fellow peers.

Freshman Raeanne Kastle suffers from SAD and has some helpful insight for those looking to comfort those suffering.

“Just be there for that person no matter what. Most of the time, we forget that we have SAD so just listening to them and comforting them is probably best. And just wait for it to pass. Patience is key,” Kastle said.

It is easy to forget sometimes that people around may be suffering, so it is crucial that the University is aware of this issue.

“I know that it’s coming, but I

never know when the disorder hits until it already has,” said Kastle.

When looking out the window and seeing 6 p.m.’s outside light diminishing day by day, lack of motivation will grow in an individual. A natural biological clock inside of humans work against a days changing length of natural light. Possible untimely weariness plagues individuals still adjusting to the time the sun rises and sets.

Sophomore psychology major Elijah Watkins had something to say.

“I personally look at the happier and brighter side of things,” Watkins said. “One of the few things students can do to make the cold season more bearable is if someone finds himself

or herself in a negative situation is this.

Michael Mattock had professional advice to impart on the topic.

“If you feel down for days at a time and you can’t get motivated to do activities you normally enjoy, see your doctor,” Mattock said. “This is especially important if your sleep patterns and appetite have changed or if you feel hopeless, think about suicide or turn to alcohol for comfort or relaxation.”

It is time to recognize the ailment that affects so many people this season. Be prepared and do not be afraid to look for help.

New Bearcats transfer talent to campus

SYDNEY OETTER
A&E Reporter | @SquidneyO

All students remember being a scared freshman. Eventually, they find their friends and their way in

college. But what about students that didn’t get that home away from home feeling the first time they go to college?

In a study done by National Student Clearinghouse Research Cen-

ter, one third of students transfer institutions before earning an undergraduate degree.

Juniors Brady Garza and Madison Hosfield both went through the experience of transferring schools.

“I was beginning my third year when I transferred to Northwest. I had a few friends at Northwest when I transferred here, probably five at the most,” Hosfield said.

This was not Hosfield’s first time transferring schools. She started at AIB College of Business in Des Moines, Iowa then transferred to Iowa State. Hosfield realized that Iowa was not for her and then decided that Northwest was the perfect fit.

Hosfield admitted the transition between schools was not the easiest.

“The starting over is definitely the hardest. It was hard enough starting college as a freshman and having to make a new friend circle and meet new people, so having to do it twice definitely wasn’t the easiest,” Hosfield said.

Garza only transferred from

Midland University to Northwest. He found his transition to be smooth.

“I knew multiple people here and I’ve visited before and really enjoyed it. Northwest also has great scholarship opportunities for people out of state,” Garza said.

Garza said the hardest part about transferring was getting used to a bigger school.

“I know Northwest isn’t a huge school, but it is much bigger than the school I previously went to. The campus is bigger and the class sizes, also,” Garza said.

Both transfer students saw that Northwest could become their home by visiting to ensure that it was the right fit. Multiple experts suggest visiting a new campus two to three different times to ensure being comfortable.

They get used to the idea of this being home. Transfer students leave school because they do not feel that connection.

Both Garza and Hosfield had great advice on how to handle trans-

ferring and becoming a part of a new campus.

“I would tell anyone transferring to Northwest to join an organization. Joining Northwest Greek Life was the best decision of my life. I have gained so many friends, memories and tools to succeed in real life,” Garza said.

The New York Times found that one in three students transfer universities while obtaining an undergraduate degree. It is important to remain calm and never back away from making the best choice for yourself.

“Transferring can be a complicated and scary process, but never let it overwhelm you. Get involved at your new school and find ways to meet new people rather than keeping to yourself,” Hosfield said. “Also, find faculty on campus that you feel comfortable talking with. The sooner you dive in and treat the transfer process as a fun experience, the better!”




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Beating the Slump

Students find the motivation to tackle second semester

ANTHONY PROCOPIO ROSS
A&E Reporter | @AnthonyProcRoss

The second semester is upon us. New faces, interesting courses and plenty of opportunities available to the survivors of last semester’s finals.

Coming back from winter break can prove to be a refreshing change of pace from expectations both on and off campus. Plato once said, “The beginning is the most important part of the work.” The second semester is precisely that. Students should make sure to add meaning to this new beginning.

Times are challenging when keeping pace with the rigor college life lends itself to. Boredom strikes regularly when daily tasks seem like monotonous chores and motivation plummets. Doing well this second semester will take a lot of effort to stay on top of things,

but it is definitely feasible.

Resident Assistant and senior, Rayvonne Brown has a few tips to give students troubled with a lack of motivation to beat a second semester slump.

“Advice I would give is don’t waste time. What you put into it is what you get out of it,” Brown said. “The TDC is very helpful as well as SI sessions for classes that utilize them.”

There are many advantages to coming to college, and to not seize all the opportunities rampantly available is tragic.

Northwest offers many services to help students be successful. Doing something rather than nothing can often mean the difference between failure and success. Students need to get help for themselves.

Dedication is half the battle when faced with undesirable

classes.

The Wellness Center provides services relating to personal development and counseling for students wanting “to improve the way they live, learn and grow” as laid out on its page at the Northwest Missouri State website. When faced with a slump, it is wise to determine the severity of your condition. Everyone is different and calls for different levels of action.

Openly accepting the semester at hand can serve useful in time. Action is a healthy ally in conquering the lulling moments in between a busy schedule as there is always something to be done. Take solace in the fact that, Northwest Missouri State University focuses on student success - every student, every day. Northwest has our back, but it’s up to us to do the rest.



Northwest Steppers finished in 11 place in the open hiphop competition in the UDA in Orlando, Florida. The team also made it to finals with its jazz routine.

SHAWNA KINGSTON | NW MISSOURIAN

NATIONALS
CONTINUED FROM A12

Coach Jason Sack was equally dissatisfied with last year's end result. Sack understands Northwest's program and intends to improve on it in any way, shape or form.

"We don't hold ourselves to a higher standard, it's Northwest," Sack said. "We know they have a high expectation for us. We just need

to make sure we represent to the best of our ability. We don't like coming home being even second best."

In the end, Northwest flexed its muscles with the hardware it brought back home.

"I'm really excited. I thought we had a really good performance. We all felt really good about it. I think we all tried our hardest and we had no regrets at the end of the day," Wise said.

The Steppers captain senior Al-

lison Geringer was overjoyed with the way the team finished.

"We are very pleased with ourselves," Geringer said. "I'm really happy with how the team has worked this year, and we all just went out there and gave it our all. It was a great way to end and I'm really excited about it."

One of the more impressive awards the cheerleading team collected was the fifth place finish in the World University Cheer Competition

in the Premier Large Coed division.

"It's different when you're going up against these other national teams such as Ole Miss, Cincinnati and the University of Central Florida. It was a great experience for us and we will definitely be doing that again next year, and we now know how to prepare for that one," Sack said.

The Bearcat cheerleaders won back-to-back titles in 2012-2013. The next two years, Coach Sack and

his team failed to place in the top two of the division. This only motivated his team to push even harder.

"This has been a group that's been working together the past three years. They've put a lot of time and effort into the program itself," Sack said. "They were really upset with how last year ended and for us. To come that close to our finishing goal, I'm very proud of them and how they performed regardless of the end result."



Northwest Steppers celebrate after finishing in 11th place in the UDA competition in Orlando, Florida.

SUBMITTED PHOTO



After placing fourth in Nationals last year, the Cheerleading team placed second in the 2016 UCA.

SHAWNA KINGSTON | NW MISSOURIAN

Chiefs win streak
comes to an end

JOSEPH ANDREWS
Chief Sports Reporter
@Joe_Andrews15



The Chiefs, Royals and Sporting Kansas City organizations were far from anything somebody from Kansas City would brag about for years. Each year, the city told the same story, saying a winning season was in the works.

Then, it happened. Kansas City sports returned to life when Sporting KC won the MLS Championship in 2013.

The Royals followed with a World Series Championship in 2015. The only Kansas City team lacking a recent championship is the Kansas City Chiefs.

The Chiefs sputtered through their first six games of 2015, winning only one. The slow start left Chiefs fans with little hope.

This changed after the Royals won their championship. The Chiefs then won 11 straight games. One of these 11 games included the first playoff win for the organization since 1994.

It is almost like members of the Chiefs organization saw how the city came together for the Royals and realized they also needed to be a championship team for the city to rally behind. The odds were in the organization's favor through each of the 11 wins. But the chances have disappeared for now.

The Patriots ended the Chiefs hunt for a championship during the second week of the playoffs. Plenty of items can be blamed on this loss. It comes down to production by almost every aspect of the team. The defense could not stop Tom Brady's Patriots from

scoring. The offense was not able to find a way to score until time was not in its favor. The 27-20 loss hurt. It seems like the Chiefs will want to forget it with an even better season. It is possible. The Royals did just that following a season ending loss in game 7 of the 2014 World Series. If the Chiefs go out and work hard in the offseason, the team will come back stronger.

The Chiefs have big decisions to make this offseason. The team could lose 15 members of the 2015 squad to free agency beginning March 9. It is not logistically possible to resign each of the 15 athletes. The most popular names within the list include Eric Berry, Derrick Johnson, Tamba Hali and Sean Smith. Each member of this list has done big things as a Chief. Unfortunately, this means they will want an increased amount of pay.

The Chiefs have nearly \$31 million in cap space, but it will quickly shrink as signings occur. In some cases, the Chiefs will have to chose younger and cheaper athletes over some big name members. Do not get me wrong, old members will return, just not all of them.

Not having at least two of them could drastically affect the defense which got the Chiefs to the playoffs. The Chiefs will also need to keep in mind offensive improvements, especially in the area of wide receivers and the offensive line.

It is too soon to tell what additions the Chiefs could potentially make. With the help of veterans like Alex Smith and Jeremy Maclin, the Chiefs could prove to be an attractive destination for players who thirst to win a Super Bowl Championship.

Track coach details the reason for his legacy

ISAIAH SWANN
Assistant Sports Editor | @ISwanny3503

Coach Scott Lorek’s faith may be the single most important component behind his team’s success.



Lorek has been coaching at Northwest since arriving in 2004. Under his reign, the Bearcat women have had 29 student-athletes and 82 All-MIAA honors. The men have combined for 16 all-league honors. Lorek also serves as the president of the Division II Cross Country committee for the United States Track and Field and Cross Country Coaches Association.

Before coming to Northwest, coach Lorek was an assistant coach at Western State, located in Colorado. He also previously coached at much bigger schools such as the University of Idaho and was a graduate assistant at the University of Illinois. With the opportunity to go to much bigger track programs, many ask why he has not left yet with the tremendous resume he has built.

“Yeah, track is track,” Lorek said. “You can be at a very high level and it will still be division two or three. In football or basketball, you only get a few opportunities to play against the big schools, but in track we run against them all the time.”

It looks as though Lorek has no intentions of leaving Northwest. Lorek said that desire is one fundamental element that he looks for in every athlete.

“If you look at the best people who have come through here, it’s been those who have that desire and passion,” Lorek said. “The ones that really want to get better. Most of these athletes have just gone above and beyond what most expect.”

Coach Lorek is a firm believer in his athletes being focused on the task at hand while staying loose and having fun.

“One is my faith,” Lorek said. “I try to run a program that is respect-



HANNAH WOODSON | NW MISSOURIAN
Lorek has been coaching student athletes at Northwest since 2004.

ful, encouraging and positive. I was never really wired to be a high-pressure type person. I really, solidly believe that if you love something and you’re passionate about it, you’re going to do well. I just never want to do anything that would hurt that.” That theory has propelled Lorek and his teams to the top. The results and records set year after year are a testament to it.

“When someone does some-

thing big, such as a breakthrough or a personal record, and realizes that they’ve accomplished that, you know that was significant to them on both a personal and athletic level,” Lorek said. “Me being an athlete, it felt great to do those types of things, but it was only about me. When you’re coaching, you get to be a part of that moment with someone else and that is something really special.”

Freshman Sassie Matzen is a

long distance runner this year at Northwest. Even though it is early in her career, she already has a valuable understanding of what Lorek is teaching her.

“He’s very dedicated to the team and expects us to be as well,” Matzen said. “He tries to encourage us through his words and he always wants us to be a family. He’s never mad at us, sometimes frustrated, but never mad at us.”

Though he may be frustrated at times, Lorek will always be looking to provide whatever wisdom he can to his teams for the remainder of his career.

“You have to love everyday,” Lorek said. “It can’t just be about winning, it can’t just be about setting those personal records. You need to enjoy your teammates and your coaches everyday. I want to lead and serve my athletes. I don’t



BRIA CREEDEN | NW MISSOURIAN
Sophomore Megan Worthington is one of the major key players in the 2016 season.

Megan Worthington steps up in new leadership role

TREY RANDLE
Chief Sports Reporter | @Treyrock36

High school sophomore Megan Worthington had one goal entering this season: be the best she could be. Considering she is one of the younger players on the varsity roster, that is all one could hope for. Oftentimes, leaders emerge from the most seasoned, experienced players on a roster. The player predestined to make the game-winning shot is usually the battle-tested senior or the junior on the cusp of becoming the leader.

In this particular case, the leader is a 15 year-old with a deadly stroke from behind the three-point line. And although she has very limited varsity experience, she knows just enough to take her game to the next level according to head coach Quentin Albrecht.

“She’s learning that if you’re going to be a go-to player, you have to learn humility,” Albrecht said. “You have to give credit to your teammates for getting you the ball and I think that’s something she’s learning.”

Like many players her age, Worthington spends a large amount

of time traveling during the offseason to play with other teams in other leagues. So while her varsity experience may not be up to par with some of her teammates, her overall basketball experience more than makes up for it.

“Megan has a ton of experience,” Albrecht said. “She’s played locally for a national team and also played with a team out of Kansas City.”

But in order to be a leader, one must also produce in the field of play. Averaging just over 16 points per game, Worthington does that. And it’s not just her play that makes her special, she is also a player coaches believe they can build a team around.

“She’s tall, she’s athletic,” Albrecht said. “We can take her inside and she’s also a very prolific outside shooter. I think she has a tremendous amount of potential.”

Worthington is a key reason to why MHS is experiencing significant improvement this year with her ability to effect the game. After winning only one of its 50 contest during the 2014-2015 campaigns, this year’s team believes it can finally reach double-digit wins. In order to do so, a new sense of camaraderie

was the primary focus of the team.

It is not easy being the leader of any team, let alone one that is in a transitional phase, but Worthington feels up to the challenge. Having such a heavy burden placed on her back does not necessarily mean she is perfect, nor does it mean she is exempt from criticism, especially from her coach.

“There is still some potential for growth in regards to Megan,” Albrecht said. “She could work on her offensive to defensive transition and as well as some of her fundamentals on defense.”

With all of the flaws and all of the defining attributes, Worthington is still just one of the players. She does not view herself as being above her teammates, which draws the respect of her peers.

“People will look to her,” Albrecht said. “She’s not just one of our offensive leaders, she’s becoming more vocal and more of a lead-by-example type of girl.”

All signs point to Worthington becoming one of the better athletes in MHS history. The attitude of a tough, rugged leader and the humility of a newcomer set her apart from others. Only time will tell if she can reach her full potential.

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ATHLETIC DEPARTMENT

WOMEN’S BASKETBALL

MIAA Standings		
	Overall	MIAA
Missouri Western.....	17-0	11-0
Fort Hays St.....	16-1	10-1
Emporia St.....	14-3	8-3
Pittsburg St.....	13-4	7-4
Washburn.....	11-6	7-4
Central Oklahoma.....	12-5	6-5
Central Missouri.....	6-9	5-5
Missouri Southern.....	11-6	5-6
Nebraska Kearney.....	9-8	5-6
Southwest Baptist.....	9-7	4-6
Lincoln.....	7-10	3-8
Lindenwood.....	7-10	3-8
Northeastern St.....	5-12	2-9
*NORTHWEST.....	2-15	0-11

Jan. 21
Nebraska Kearney at NORTHWEST
Jan. 23
Fort Hays State at NORTHWEST
Jan. 27
Missouri Southern at NORTHWEST

MEN’S BASKETBALL

MIAA Standings		
	Overall	MIAA
Lindenwood.....	12-5	8-3
*NORTHWEST.....	11-5	8-3
Fort Hays St.....	13-4	7-4
Lincoln.....	11-6	7-4
Missouri Southern.....	10-7	7-4
Washburn.....	10-6	6-5
Nebraska Kearney.....	9-7	6-5
Central Missouri.....	11-5	5-5
Emporia St.....	8-9	5-6
Pittsburg St.....	9-8	4-7
Central Oklahoma.....	8-9	4-7
Southwest Baptist.....	8-8	3-7
Missouri Western.....	5-12	3-8
Northeastern State.....	4-11	3-8

Jan. 21
Nebraska Kearney at NORTHWEST
Jan. 23
Fort Hays State at NORTHWEST
Jan. 27
Missouri Southern at NORTHWEST

MHS GIRLS BASKETBALL

MEC STANDINGS	
	Overall
Benton.....	15-0
Lafayette.....	13-3
Chillicothe.....	10-2
Smithville.....	8-3
Savannah.....	5-5
Bishop LeBlond.....	5-10
*MARYVILLE.....	2-9
Cameron.....	0-10

Jan. 21
Bishop LeBlond at MARYVILLE
Jan. 25-30
Cameron Tournament

MHS BOYS BASKETBALL

MEC STANDINGS	
	Overall
Lafayette.....	12-2
Benton.....	10-4
*MARYVILLE.....	9-4
Chillicothe.....	9-5
Smithville.....	7-5
Bishop LeBlond.....	6-9
Savannah.....	3-5
Cameron.....	4-8

Jan 22
Savannah at MARYVILLE
Jan 25-30
Cameron Tournament

Men’s basketball finds new weapon in junior guard



Junior guard D’Vante Mosby brings energy and rough playing during the season for the Bearcats.

JACOB BLAND
Sports Editor | @J_Bland93

Heading into the basketball season, Northwest men’s basketball coach Ben McCollum had a few holes to fill in his lineup.

Besides having to replace graduating senior Matt Wallace, who was named the MIAA Defensive Player of the Year in 2015, McCollum had to find replacements for forward Grant Cozad and guard Lyle Harris.

McCollum said that junior guard D’Vante Mosby is a different player than the ones the team has lost from the previous year and his presence has given the team an added dimension.

“(He brings) high energy, he is a positive kid, he is a team guy and he is unselfish,” McCollum said. “He is different than Matt and Grant. He is a junkyard dog and he is tough. That is why we love him. The kid does not care if he plays one minute or forty minutes, he is going to be excited if we win the basketball game.”

Mosby’s unselfishness defines him as a basketball player, and dictates the direction his college career has taken. This is Mosby’s first year at Northwest, but this is not his first year in the collegiate ranks. Before coming to Northwest, Mosby played guard at William Jewell College for the first two years of his career. Coming out of high school, Mosby was interested in playing for Northwest, but his obligation to his family came first.

“(William Jewell) was where I was supposed to be,” Mosby said. “A lot of things happened within my family like my mom getting sick and things like that. I had a hard time going far away, (William Jewell) was the perfect place (for me to go) so I could take care of my mom and my family first.”

As a freshman at William Jewell, Mosby quickly established himself as one of the better players on the team. In his first year, Mosby led



the team in scoring (12.4) and rebounding (8.7). Mosby also proved to be deadly accurate, as he made 41 percent of his shots from behind the arc. Mosby’s ability to score and grab rebounds earned conference recognition. Besides winning William Jewell’s new comer of the year award in 2014, Mosby was awarded the Great Lakes Valley (GLVC) Freshman of the Year.

During his second and final year at William Jewell, Mosby did not disappoint. He finished as one of the team’s leading scorers with 12.8 points per game and led the team with 8.7 rebounds per game. At the conclusion of his sophomore season, Mosby was named to the All-Great Lakes Valley Conference second team. After two stellar seasons at William Jewell, Mosby felt like it was best for him to move on and come play for the Bearcats.

“The staff there is great and there were not any hard feelings with me leaving,” Mosby said. “They handled (my transfer) in a great way. I learned a lot at William Jewell. They really challenged me academically, and they challenged me to be a leader. There were some things that attracted me to Northwest. Coach McCollum recruited me out of high school and having that relationship really attracted me.”

So far, Mosby has had a seamless transition to Northwest Missouri State. Despite starting only one game, he is third on the team in scoring (9.5 ppg) and tied for first with 6.3 rebounds per game. Coach McCollum said he is impressed with the way Mosby has been able to contribute. He believes Mosby has the potential to develop into a special player for Northwest.

“He’ll be even better as he progresses,” McCollum said. “He is a special, special kid. You do not meet kids like D’Vante very often. Transfers do not usually work out here, four years kids are better for us, but he has embraced (being here) and has bought in. He has done what he needed to do.”

Kellerstrass pushes team forward before season’s final tournament

TREY RANDLE
Chief Sports Reporter | @Treyrock36

Head Coach Conner Kellerstrass and his team look to stay aggressive going into the MEC tournament this weekend.

Entering the final stretch of the season, the Maryville wrestling team appears to have bought into Kellerstrass’ philosophy of outworking the opponent.

“I just want them to go out and compete,” Kellerstrass said. “Our conference is one of the tougher conferences, so we have to jump on

our opponents early.”

Kellerstrass said that he was pleased with the team’s overall attitude during the last meet. Kellerstrass believes that his team’s aggressiveness is key to its success and that it needs to be each wrestlers’ focal point from beginning to end, each match.

“We’ve been preaching offense all week,” Kellerstrass said. “We were pushing the action and pushing the pace and that is what we like to see.”

In regards to their upcoming meet, Kellerstrass has made it clear he plans on not only competing, but

having something to show for it.

“We want to go out and attack,” said Kellerstrass. “Our goal is to bring home some hardware.”

That message has appeared to trickle down to his players. Senior Jerrett Partridge believes that even with smaller numbers, half of what they had in 2015, the expectations remain high.

“I’d like to see us place as a team,” Partridge said. “Even with the team not being as big as others, we should be able to do it if we put a lot of guys in the finals.”

Junior Matthew Twaddle shares the same feelings although he thinks

the team should also focus on leaving everything on the mat.

“I want see everyone wrestle their hardest,” Twaddle said. “As long as everyone uses what they learned in here, we should get the results we want.”

Considering MHS wrestles in one of the toughest conferences with teams like Cameron, Savannah and Smithville, getting off to a fast start this upcoming meet is critical.

“I just want to have a mindset that I’m a better wrestler than they are and prove it,” Partridge said. “The main thing is knowing I did my best.”

“The game plan is the same,” Twaddle said. “Mostly focusing on my game and my strengths while trying to beat the other guy.”

Coming off a meet that included Falls City and Sabetha, Kellerstrass rewarded the team with a few days off.

“We had over a week off,” Kellerstrass said. “So the boys will come in and watch a motivational video and recuperate, that way we’re fresh going into the last part of the season.”

The Spoofhounds will be in Chillicothe for the tournament Saturday, Jan. 23.



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ATHLETES of the WEEK



BEARCATS

SPOOFHOUNDS



Kevin Schultz

Chloe Wichmann

John Zimmerman

Megan Worthington



The sophomore multi-events track star qualified for the NCAA DII Championships clearing the 6-9 bar in the high jump. He currently holds the second-best mark in the MIAA this season.

The senior multi-event track star received MIAA Athlete of the week. She also qualified for the NCAA meet with a long jump of 19-1.5 feet, an indoor program record.

The junior point guard has started every game this season. He scored 17 points for the Spoofhounds in a 69-49 victory over Fall City last Friday.

The sophomore forward has started every game this season. She has been averaging 16.6 points per game this season. She also scored 17 points last Friday against Fall City.



The Northwest Cheerleading team finished second at the 2016 UCA Division II Coed National Championship in Orlando, Florida, Jan. 16. Last year, the team finished fourth in its division.

SUBMITTED PHOTO

Bearcats take home hardware

Northwest cheerleaders and steppers both place at Nationals

ISAIAH SWANN
Assistant Sports Editor | @iswanny3503

The Bearcat Cheerleaders and Steppers achieved tremendous results in Orlando, Florida last weekend, avenging themselves from last year’s disappointing result. The cheerleading team placed second at the 2016 UCA Division II Coed National Championships. It also placed fifth at the World University Cheer competition in the Premier Large Coed division at ESPN’s



Wide World of Sports’ HP Pavilion. This is the highest finish for the Bearcats since the national championship season of 2013. The Bearcat Steppers earned a pair of 11th place finishes in their contests. They made it to the finals of the Open Jazz competition after an 11th place finish in the Open Hip Hop competition. Going into the weekend, both teams were mounted with pressure from the previous year’s results. In 2014, the cheerleaders received fourth place in the UCA Division II College Nationals. That was the lowest the team had placed in the previous

five years. The captain for this year’s cheerleading team was senior Shelbie Wise. She had an extra chip on her shoulder from last year’s outcome. “Last year we didn’t do very well, so we had to dig ourselves out of that hole,” Wise said. “I just think from here on out we will continue to get better. We were kind of going on a downward slide and if we didn’t do well this year, then we would lose our opportunity to go to nationals next year.”

SEE NATIONALS | A9

Stoecklein demands complete game

JOSEPH ANDREWS
Chief Sports Reporter | @Joe_Andrews15

Coming into his second season as head coach of the Spoofhounds boys basketball team, Matt Stoecklein knew his team had the potential to overcome last season’s shortcoming of a district championship. The Spoofhounds are 9-4 this year compared to the team’s 7-7 record at this time last year. Stoecklein says the difference comes from the team’s ability to identify what it wants to be. “Last year we were just trying to get all of our big picture stuff in at this time (in the season),” Stoecklein said. “Now, we are trying to fine tune everything we do. We are much more aware of who we are and what we can accomplish.” While the awareness is with the Spoofhounds, the team still has trouble staying focused throughout the entire game. “We’ve had a third-quarter slump multiple times this year. We’ve got to figure that thing out,” Stoecklein said. “We talked about it, we talked about our energy, keeping it up.” Stoecklein’s team opens up each game strong, but slowly loses momentum, leading to a game deciding third quarter. The situation most recently occurred against Falls City Jan. 15. Heading into the third quarter of the game, the Spoofhounds were leading the Tigers 39-32. A lack of offense and defensive stops by the Spoofhounds led to 11 straight unanswered points by Falls City. Senior John Zimmerman then



nailed a three-pointer for the Spoofhounds, which led to 11 consecutive points by junior Trey Oglesby, turning the game around. Maryville eventually pulled away for a 69-49 win over the Tigers. Members of the team are no fans of losing, and understand the importance of putting in an effort at crucial game changing moments. “It always helps when you score,” Oglesby said. “(While) running against the defense and getting those stops.” Stoecklein also added emphasis to Oglesby’s comment about defense, specifically within the opponent’s offensive zone. “We could pinch it (the zone) down a little bit, play a little bit better,” Stoecklein said. “We don’t have a lot of big bodies. We have a lot of long. We tried to double it, it wasn’t working too well. We also haven’t worked on it too much. We have to switch to the zone to come away with that (win).” The Spoofhounds defeated Mid Buchanan 62-53 Monday. Once again the team was able to pull away late in the fourth quarter. Trey Oglesby had a pair of three-pointers early on the fourth quarter, giving the Spoofhounds a 49-43 lead. From there, the Spoofhounds cruised to their second consecutive win. The Spoofhounds will next play against Savannah Friday, Jan. 22 at 7:30 p.m. at Maryville High School. “It is always easy to come off a game with a win against a loss,” Oglesby said. “It is always easy to come off with a win and get on a roll.”



Head Coach Matt Stoecklein prepares the team for the rest of the season after last year’s difficulties.

SHAWNA KINGSTON | NW MISSOURIAN